

## HEADACHE DIARY

Directions: Complete this diary three times every day—whether you have a headache on that day or not. Daily recording will help identify symptoms that predict when a headache will occur (prodrome) and the role of possible factors that might be triggering your migraines.

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Pain severity</b>							
0=none							
1=mild							
2=moderate							
3=severe							
Morning							
Afternoon							
Evening							
<b>Triggers</b>							
Menstrual day							
Skipped meals							
Poor sleep							
High stress							
Food (list)							
Weather							
Change							
<b>Prodrome</b>							
Fatigue							
Irritability							
Food cravings							
Neck pain							
Yawning							